

JUNE 2007

Facets

for women

Time to get away

Sandi Austin
has been helping
travelers for
25 years

Escape for an afternoon

What is a wild woman?

Ames is getting ready
for their arrival



HAVE YOU EVER WONDERED WHAT A NEW SMILE COULD DO FOR YOU?

RANDY DID...

Hi,
I am just writing to thank each member of your exceptional staff for the great cosmetic dentistry you performed on me, as the experience has changed my life. Each time I have visited your office I was treated with respect and felt like I was the only patient in the office. Every member of your staff that I came into contact with were very professional and never failed to bring a smile to my face! And the opportunity to listen to my favorite music during my excellent treatment was the icing on the cake!

Gosh, lets talk about smiling! Before you performed the excellent work on my teeth, I was always covering my mouth with my hand when talking because I was so self-conscious about my appearance. I did not smile much, so people thought I was just a grouch! Now I smile all the time, and I find that people are much more receptive to me! I recently had an opportunity to promote a favorite singer in a public sector, and with my new appearance, I felt very confident with my presentations. Turns out that the promotions I did for that singer were a huge success!

Thank you so much for making me feel so confident about myself.

Randy

**We want you to feel
welcome the moment
you enter our office.**



From the time you call to schedule your visit, to the time you leave our office, it is our goal to make sure you are satisfied.

Visit our website at

www.doc-rock.ws

to view before and after photos of real patients and see for yourself what a difference we can make.

GIVE YOURSELF SOMETHING TO SMILE ABOUT

AMES CENTER
— FOR —
COSMETIC & FAMILY
— DENTISTRY —

1-866-362-7625

Dr. Amie Rockow-Nelson, DDS

415 South Duff, Suite D, Ames, IA • 515-956-3700



Facets

Contributors

What food do you make sure to have in the car on road trips?



Water, fruit, sandwiches and something truly bad for us like Kettle Chips or Twizzlers. The bad stuff always gets eaten first!

— **HEIDI MARTTILA-LOSURE**,
Facets editor. She can be reached at 232-2161, Ext. 352, or hlosure@amestrib.com.



My father always suggested that we have Twizzlers. I never argued, 'cause not only do I love them, but they make cool straws! Even to this day (as I am older and more mature), I still pack Twizzlers.

— **CHRISTINE HUEBSCHMAN**,
graphic designer for Facets. She can be reached at chuebschman@amestrib.com.



Water, coffee and a couple different kinds of crackers.

— **LINDA OPPEDAL**,
page designer for Facets. She can be reached at loppedal@amestrib.com.



Whole wheat crackers (usually reduced fat Wheat Thins or Triscuits), extra sharp cheddar cheese (I always remember a paring knife!) and Diet Pepsi!

— **KAREN HOWARD**,
advertising sales representative for Facets. She can be reached at 232-2161, Ext. 481, or khoward@amestrib.com.



String cheese.

— **JENNY SPENCER**,
center director for Ames Sylvan Learning in Ames. She can be reached at 956-3366 or ames@ia-ilsylvan.com.



No. 1 is water, lots of it, if you are counting liquids. Next is nuts — cashews, almonds, walnuts.

— **DEBRA ATKINSON**,
personal training director at Ames Racquet and Fitness Center. She can be reached at debra_atkinson@msn.com.



Low-fat cookies, granola bars, pretzels, tiny peanut-butter-and-cracker sandwiches, bottled water.

— **NANCY LEWIS**,
a freelance writer from Ames. She can be reached at 233-2874 or nswlewis@hotmail.com.



Water, always water. And granola bars and apples make good travel companions, as well.

— **SUE ELLEN TUTTLE**,
owner of Small Dog Productions photography. She can be reached at 232-3203 or talkto@onesmalldog.com.



Clementine oranges, baby carrots, seedless grapes — and chocolate.

— **JOLENE PHILO**,
a freelance writer from Boone. She can be reached at philo@copper.net.



Granola bars (they travel well, are fairly healthy, fill you up, and my son uses them for keeping his blood sugars up and more normal), frozen grapes (they're a cool treat, have vitamin C and everybody

likes them), bananas (it has potassium so legs won't cramp up on hikes and touring), Sun Chips, and peanuts.

— **SUE ULLESTAD**,
a teacher and freelance writer in Boone. She can be reached at ullestad@willinet.net.



We are frequently in the car on weekends as my husband has two kids in Minnesota. We pack fruit, crackers and a little chocolate! (For me ... well, sometimes I share.)

— **NGAIRE WEST-JOHNSON**,
who owns Images by Ngaire in Ames. She can be reached at 233-5447 or ngaire@mchsi.com.



Crackers, cheese, apples and dark strong coffee.

— **KAREN PETERSEN**,
a certified financial planner from Ames. She can be reached at Karen@mymorethanmoney.net or 232-2785.



I never leave home without a Diet Pepsi. Whether its a trip across country or a trip across town I have an open one in my cup holder. I even carry a back-up in my glove compartment in case I get

stuck in traffic or my car stalls. I am not sure I have jumper cables or a spare tire and rarely remember my cell phone but the emergency Diet Pepsi is always there.

— **SUSAN VERNON**,
a freelance writer from Ames. She can be reached at smvernon@mchsi.com.



Crackers with peanut butter. I recommend Keebler's. The peanut butter is perfect. And they're filling but not too filling. You can eat a few and be done, save the rest for later.

They come in plastic packs of 10 each and I can live on these for days if I have to.

— **MARISA MYHRE**,
a freelance writer from Ames. She can be reached at 233-3610 or marisamyhre@hotmail.com.

Travel and vacations

Next month:
Facets' green issue

WELCOME TO Facets

FACETS IS A PUBLICATION OF THE TRIBUNE

Facet > 1. One of the flat surfaces cut on a gemstone.

2. The particular angle from which something is considered.



Cover photo: Sandi Austin of Sail Aweigh Travel
Photo by Images by Ngaire/233-5447

- 5 NOTES FROM THE NEWSROOM
- 6 CALENDAR
- 8 COVER STORY
Afternoon escapes
- 15 FOOD BITES
Eating, central Iowa style
- 18 FINANCE
Travel without money worries
- 19 FACETS FACES
- 20 SANDI AUSTIN
Travel planning
- 22 WILD WOMEN'S WEEKEND
Camaraderie, discovery, celebration and renewal
- 25 THE HAPPY OLD LADY
The road home
- 26 LITTLE GEMS
Brilliant bits of advice for June
- 29 FITNESS
Tripping, exercise can be a mental journey
- 30 A FACETED WOMAN
Meet Renee Klaus
- 31 HUE & CRY
Good food, on the go



Wall Street Station
2 3

**Confused by
WALL STREET hype?**

Let Karen help
you with the
FINANCIAL details.

**I will transform your
wondering, wishing and
hoping into an "action
plan" to create the
life you want to live!**

Karen L. Petersen, CFP®
2613 Northridge Pkwy
(Somerset) 515.232.2785
Karen@myMoreThanMoney.net

**because life is...
More Than Money**

*Registered Representative, Securities offered through Cambridge
Investment Research, Inc., a Broker/Dealer, Member NASD/SIPC.
Investment Advisor Representative, Cambridge Investment Research
Advisors, Inc., a Registered Investment Advisor.

CORRECTION:

A byline credit for a story titled "Quality Time" in the May issue of Facets was inadvertently omitted. Susan Vernon wrote the story.

notes

from the newsroom



Ever return from a vacation that was intended to recharge your batteries more exhausted than when you left?

Facets has two solutions for this all-too-common case of the summer blues:

First, let someone else plan your getaway or even lead it for you. Sandi Austin of Sail Aweigh Travel has been making vacations run smoothly for 25 years now; read on to see how the travel world has changed from the era of index-card itineraries to the age of the Internet.

Second, don't feel the need to go across the world, or even across the country. Sometimes all you need is an afternoon away from e-mail and house-

work. Check out Facets' picks for afternoon escapes — places you can depart for after lunch and still get home before dark.

And there's much more in this issue to make your summer on the road (or in the air or by sea) a better experience.

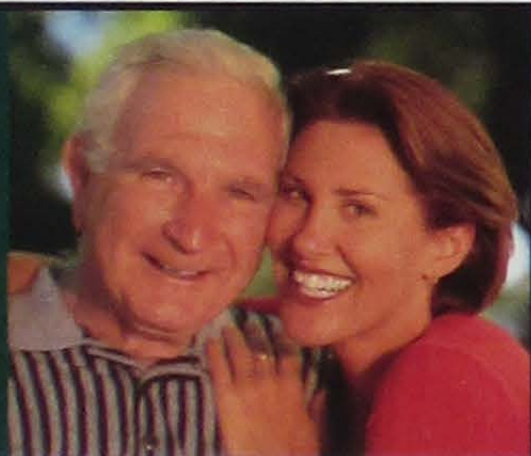
Happy travels!

— Heidi Marttila-Losure,
Facets editor

P.S. We are still looking for men who read Facets! I didn't get enough names on the first go-round, so I'm asking again. This time, the men don't have to be fathers (but Happy Fathers Day to all you male readers who are!). If you know — or are — a man who reads Facets, drop me a line with a name and contact information:

hlosure@amestrib.com. Thanks!

Peace of mind for your parents, and you.



When life comes full circle, don't worry. Your parents can maintain their active, independent lifestyles. Our trained staff will treat them like family.

And they'll be just 20 minutes from Ames and West Des Moines.



**MADRID HOME
COMMUNITIES**

Serving You with Christian Compassion

613 West North Street Madrid, Iowa 50156-1059

Phone: 515-249-2637 FAX: 515-795-2138 www.madridhome.com

*Independent
Living
•
Assisted Living
•
Skilled Nursing
and
Memory Care*

Holly's



Holly's

Holly Larson, Owner

Travel in Style!

**The Brands
Central Iowa
Women Love**

**Brighton
Koret
Alfred Dunner
Woolrich
Tribal
French Dressing**

701 Story Street • Downtown Boone • (515) 432-8606

Monday
9-5:30

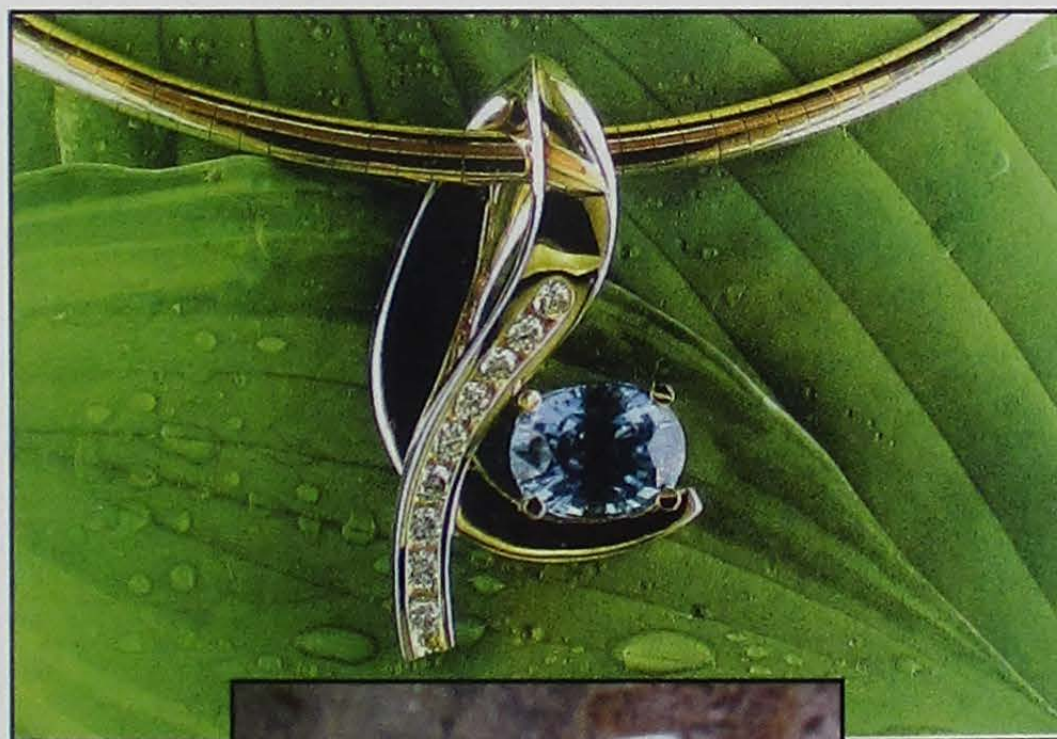
Tuesday
9-5:30

Wednesday
9-5:30

Thursday
9-8

Friday
9-5:30

Saturday
9-5



Ames Silversmithing

Designers & Goldsmiths

220 Main • Downtown • 232-0080

www.amessilversmithing.com

FACETS calendar

If you have an event that would be of interest to Facets readers, please send it to hlosure@amestrib.com with "Facets Calendar" in the subject line.

Friday, June 1 | "Ready to Run: Campaign Training for Women" workshop, 8 a.m. to 5:30 p.m. at the Scheman Center at the Iowa State Center in Ames. The workshop is designed for anyone considering seeking public office or working on a campaign.

"The workshop presents a unique opportunity for potential candidates to hear directly from prominent elected and appointed women leaders, campaign consultants and party officials about how to literally get ready to run," said Dianne Bystrom, director of the Carrie Chapman Catt Center

for Women and Politics at ISU, a sponsor of the event. "It offers two tracks — one for those who have made the decision to run for office and one for those who want to learn more about getting involved politically — as well as joint sessions on media training and fund raising."

Many local women in political office will participate in the event. Registration forms and scholarship applications are available at www.las.iastate.edu/CattCenter. Registration is \$100 after May 21. A \$25 nonrefundable deposit is due at the time of registration. Checks should be

made payable to the Carrie Chapman Catt Center. For more information, call 294-9867.

Friday, June 1 | Octagon Art Walk, 5 to 9 p.m. in downtown Ames. Join the Main Street Cultural District as many businesses and organizations host an array of local artist and artwork. Call 232-5331 or go to www.octagonarts.com for more information.

Friday, June 8 | Dancing Under the Stars and pre-dance dinner at Reiman Gardens, featuring the High Society Big Band. The dance is free for Reiman Gardens'

members. Guest admission is \$10 per person or \$16 per couple. An optional buffet dinner is available before the dance at a cost of \$18 per person. Registration and pre-payment for the dinner is required. For more information, call 294-2710 or e-mail reimangardens@iastate.edu.

Friday, June 8, and Saturday, June 9 | Wild Women's Weekend in Ames. Enjoy a weekend full of demonstrations, classes, discounts, shopping and girl time. Call 233-3472 or visit www.mainstreetculturaldistrict.com to register or for more information (also see story on page 22).

Have the *time* of your *life!*



You can live well, age well and have fun doing it when you join *Prime Time Alive!* The program is specifically designed for people age 50 and better interested in achieving a vital balance of physical, emotional, financial and spiritual components in their lives.

As a member of *Prime Time Alive* you'll enjoy a variety of benefits including discounts on a variety of laboratory wellness screenings, massage therapy and

the Mary Greeley Medical Center cafeteria. You can take advantage of a variety of social events, health screenings, educational programs and more!

All these great benefits, and more, are available to you for only \$10 a year! To get more information about *Prime Time Alive*, call us at (800) 303-9574 or (515) 239-2423, e-mail us at yourhealth.primealive@mgmc.com, or check us out online at www.mgmc.org.



1111 DUFF AVENUE, AMES, IOWA 50010 • (515) 239-2423 • VISIT OUR WEBSITE AT WWW.MGMC.ORG

Saturday, June 9 | "Altered Art," a demonstration by multi-media artist, author and pack rat Laura Comito, 1 p.m. at the Octagon Art Shop, 427 Douglas Ave. Comito will show her inventive philosophy as she use materials on hand to create art.

Saturday, June 9 | "Tropical Thong Crawl," a Blue Thong Society-Ankeny chapter event, 7 to 11:30 p.m. Proceeds benefit the Animal Rescue League of Iowa. Participants don't have to be society members, but they should be over age 21 to be

able to drink the society's signature drinks. For more information about the event, e-mail tkismom2005@yahoo.com. For information about the society, go to www.bluethongsociety.com. Call (888) 675-6886 to ask for details about the possibility of a chapter forming in Ames.

Saturday, June 16 | Rose Festival, noon at Reiman Gardens. View the Iowa Rose Society juried State Rose Show, purchase roses at our plant sale and participate in interactive discovery stations. The event is free for members; guests pay regular admission. For more information, call 294-2710 or e-mail reimangardens@iastate.edu.



Karen Bolluyt, Dianne Bystrom and Laurie Dusselier were among the women who took part in the end-of-the-year Ames-ISU All Women's deli potluck on April 30 at Liz Beck's home. The event is a networking opportunity for women of all backgrounds and experiences.

Sunday, June 10 | Great Ames Adventure Race, Ada Hayden Park, 7:30 a.m. The course starts with a three-mile canoe race, followed by a 15-mile bike ride and finishes with a 5K run. Proceeds will benefit disaster preparedness, health and safety classes and armed forces emergency communication. For more information, go to <http://www.lincolnwayarc.org/GAAR/GAARhomepage.html>.

Saturday, June 23 | Café Diem's Coffee 101 Class, 10 a.m. to noon at The Loft, 408 Kellogg Ave. (above Duck Worth Wearing). Come to learn how to get your favorite cup of coffee. The cost is \$10 per person, which includes a coffee-tasting class, coffee, pastries and lots of door prizes. Sign up at Café Diem, 229 Main St. Call 956-3556 for more information.

Join us. We're Greater Iowa.

Faces of leadership.



Shazia Manus,
Greater Iowa's president and chief executive officer, has been in her post since March 2006. Fulfilling the credit union mission of "people helping people" fuels Manus' drive and passion. The Bangladesh native earned degrees at Iowa State University and the Polytechnic Institute in Singapore. She also is a member of Zinga, considered to be one of the first pop bands in Bangladesh. In Ames, Manus is active in Ames Noon Rotary, Children's Miracle Network, American Cancer Society, World AIDS Day, the Ames Economic Development Commission and United Way.



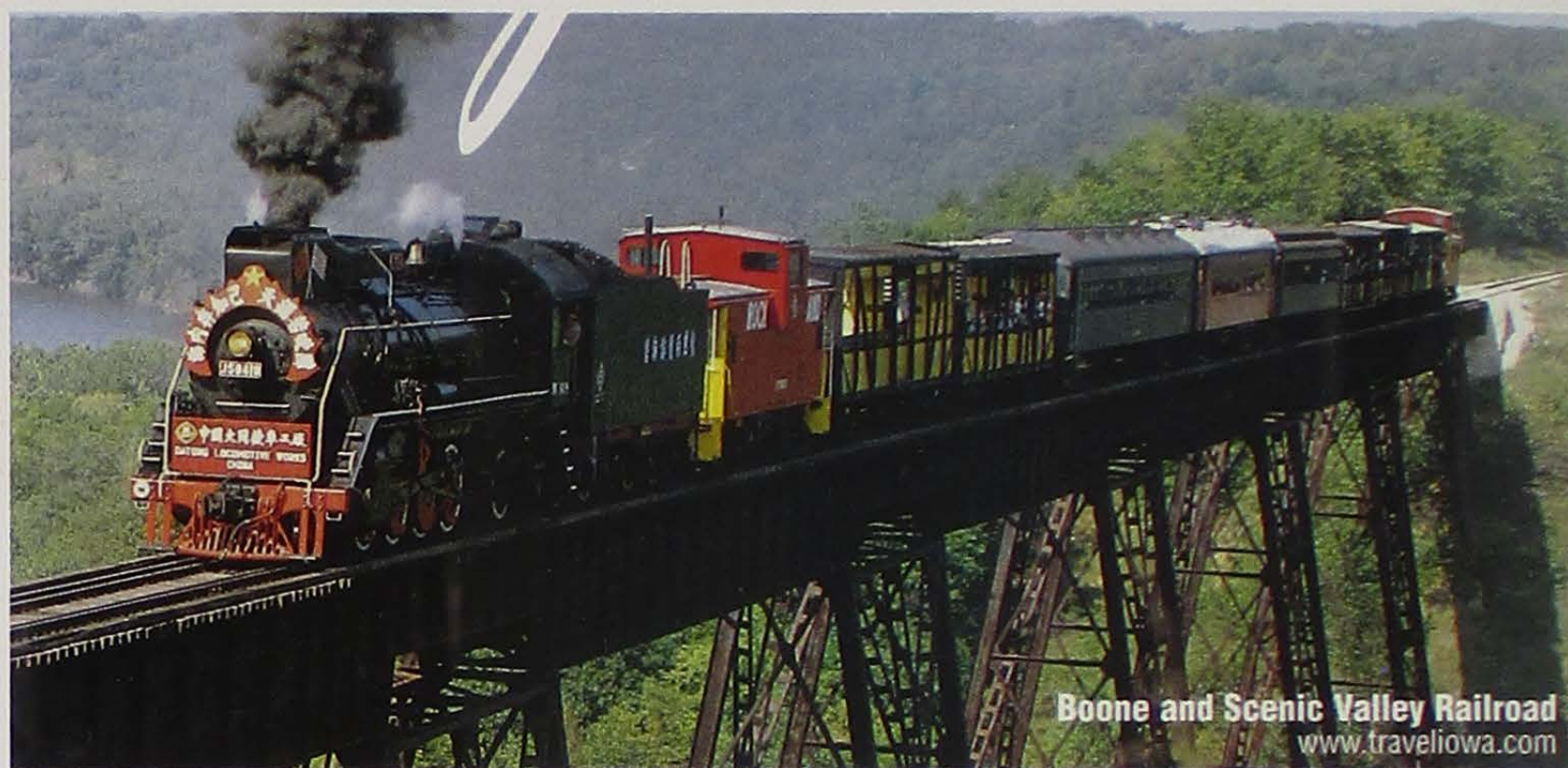
801 Lincoln Way • 2623 Northridge Parkway • 110 Airport Rd.
232.6310 • 1.800.296.9064
www.greateriowacu.org

Greater Iowa is federally insured by the National Credit Union Administration.

AFTERNOON *Escapes*

By SUSAN VERNON
AND JOLENE PHILO

Save yourself the hassle of airline travel and the gas prices of a car trip to see America. Great tourism is happening in our own backyard. All over central Iowa lie exciting places waiting to be explored and adventures waiting to happen. Gather your girlfriends and leave work early for a wine-tasting trip to Indianola, herd the kids into the mini-van for an escape to an area swimming hole, or schedule a date with your sweetie and explore the great art of the grotto in West Bend or the Des Moines Art Center. With our favorite afternoon escapes, you can take a vacation every week and sleep in the comfort of your own bed every night.



Boone and Scenic Valley Railroad
www.traveliowa.com

Escape to ... **nature** **BOONE COUNTY**

If you are in the mood for an afternoon adventure, look no further than our neighbors to the west. The state parks and recreation areas of Boone County abound with opportunities to get outside and explore. Whether you are envisioning a rigorous mountain bike ride through scenic trails or a leisurely picnic as you canoe down the Des Moines River, Boone County can provide a made-to-order adventure.

If your idea of fun doesn't include getting dirty, then spend your afternoon exploring the adventurous history of this railroad town. Visit Kate Shelley Railroad Museum and Park to learn about the heroism of one of Boone's favorite daughters. Then board a train, sit back and relax as the

Boone and Scenic Valley Railroad takes you through the picturesque Des Moines River Valley.

Ledges State Park

Ledges State Park has been an Iowa favorite for generations. Lying just 15 miles west of Ames, its 100-foot sandstone cliffs and deep wooded river valley make it uniquely beautiful. Camping, canoeing, fishing, hiking and picnicking are popular park activities, but it is most celebrated as a fun place to wade.

Located four miles south of Boone; 15 miles southwest of Ames
(515) 432-1852
Ledges@dnr.state.ia.us

Seven Oaks Recreation

This scenic spot in the heart of the Des Moines River Valley offers a full service menu of exciting activities appropriate for the entire family, including mountain biking, paintball, canoeing, camping, kayaking and river-tubing.

1086 222nd Drive, Boone (just west of Boone on Highway 30)
Open 7 days a week
To plan your adventure call (515) 432-9457
Check out the Web site for activity fees or to make reservations:
www.sevenoaksrec.com

Don Williams Recreation Area

Throw your golf clubs in the trunk when you head to Don Williams Recreation Area, just five miles north of Ogden. The 9-hole golf course offers a beautiful view of Don Williams Lake. This 600-acre park also offers fishing, boating, swimming, tennis, hiking, wildlife viewing and playgrounds.

600 H Ave, Ogden
(515) 353-4237

Kate Shelley Railroad Museum and Park

A Rock Island Passenger car is used as a theater where visitors can learn about Kate Shelley's heroic journey to warn a passenger train of upcoming danger on the tracks. The restored passenger station represents Iowa's long railroad history.

RR 18 Moingona
(515) 432-1907
Open 1-5 Saturdays and Sundays or any-
time by appointment
Free Admission
homepages.openceminc.com/bchs/BCHSKa
teShelleyRailroadMuseum.htm

Boone and Scenic Valley Railroad

Travel from Boone to the old mining town of Fraser in authentic 1920s coach cars. Along the way, take in the breathtaking Iowa countryside and wildlife. This volunteer-run railroad provides an unforgettable experience to visitors. In addition to rides aboard its steam and diesel trains, the railroad also offers a Valley View car, genuine caboose ride, picnic car, and luxury dining aboard dinner and dessert trains.

Excursion Trains depart at 1:30 daily and 1:30 and 4:30 on weekends. Prices: Coach - \$5 for children 3-12, \$14 for adults; Valley View - \$7 children, \$18 adults; Caboose - \$10 children, \$20 adults. This open-air train provides a 1 hour, 45 minute ride.

Picnic Trains board at 12:15 Sundays beginning May 27. Price: \$10 children, \$20 adults. Pack a lunch and enjoy the 1 hour, 45 minute trip on this climate-controlled train.

Dinner Trains board at 5:15 weekends April through Dec. 8. Price: \$50. Celebrate a special occasion with a gourmet dinner aboard the "City of San Francisco" or "City of Los Angeles" car as it rolls across the Bass Point Creek high bridge and through the Holst State Forest to Wolf Junction.

Dessert Trains board at 12:15 Saturdays through Oct. 27. Price: \$25. Enjoy a snack, scrumptious dessert and beverage on this 2.5 hour trip aboard the "City of Los Angeles" or "City of San Francisco." Reservations are required for dinner and dessert trains; call 1-800-626-0319.

Escape to ... a miracle WEST BEND

It has been referred to as "A Miracle in Stone" and "The Eight Wonder of the World." The Grotto of the Redemption in West Bend is the largest grotto, or artificial structure made to resemble a cave in the world. It is awe-inspiring and well-worth the two hour drive from Ames to northwest Iowa.

Father Paul Dobberstein began work on his shrine in 1912. Before his death in 1954, he had filled an entire city block with bejeweled caves and glittering rooms, telling a story of man's fall and redemption. The shrine remains a world-renowned attraction.

Next door to the Grotto stands Saints Peter and Paul Church complete with breathtaking stained-glass windows and a Christmas Chapel featuring a 300-pound Brazilian amethyst. The hand-carved altar gracing the sanctuary is more than 100 years old. In 1893, The Chicago World's Fair named it the most beautiful in the world.

The site also includes a museum, gift shop, and café. A park offers a perfect picnic spot.

300 N. Broadway, West Bend
www.westbendgrotto.com
Guided tours begin at 10 a.m. daily.
Price: Donations of \$5 per adult and \$2.50 per child are suggested

Visit a genuine old-fashioned soda fountain

While in West Bend be sure the stop at The Villager old-fashioned soda fountain. Slide up to the counter and order a cherry coke or a chocolate milkshake and escape to a simpler time.

105 S Broadway Ave, West Bend
www.westbendiowa.com

1913 antique carousel

Keep the illusion alive on your trip home and visit the 1913 Hershell-Spillman Carousel in Story City. This carousel is more than just carnival ponies. Ornate creatures of all kinds stand ready to provide a magical ride to the calliope music of a by-gone era. Buy a bag of popcorn, sit back and enjoy.

North Park, Story City
www.storycity.net
Open Memorial Day through Labor Day
Mondays and Tuesdays noon to 6 p.m.
Wednesday through Sunday noon to 9 p.m.
\$3 a ride



The Grotto of the Redemption
www.traveliowa.com

Don't let this summer be a vacation from learning

By JENNY SPENCER

It's important for students to enjoy their time off during summer vacation. But they can also learn as they have fun. In fact, the best learning occurs when children don't realize they're learning.

Parents, grandparents and other caregivers can plan summer vacation activities that are both fun and educational. For example:

Encourage an interest in history by visiting local historical sites.

When planning a trip, talk to your children about where you are going in advance; check out books from the library that can help them "get into" the period. Discuss why the site is important and what they will be seeing. Also, remember to go over unfamiliar words with them. Just as our ancestors would question what an "iPod" is, your child might wonder what an "anvil" is.

Some local attractions include:

- Farm House Museum north of Ross Hall on Knoll Road, Iowa State University
- Mamie Doud Eisenhower Birthplace, 709 Carroll St., Boone
- Boone & Scenic Valley Railroad, 225 10th St., Boone
- Story Theatre/Grand Opera House, 512 Broad St., Story City
- Matthew Edel Blacksmith Shop in Haverhill, Marshall County
- Living History Farms, 2600 111th St., Urbandale

Continue reading throughout the summer. Visit a local library where they can help you select books appropriate for your child's age and interest, or go to www.bookadventure.com. Book Adventure is a free, online reading motivation program. Students choose their own books from more than 7,000 titles, take short comprehension quizzes, and redeem their accumulated points for small prizes. Book Adventure also offers teachers and parents resources and tips to help children develop a love of reading.

Help your children develop their writing skills. Encourage them to write pen pals. Or surprise them with a blank journal that they can decorate and use to record their summer escapades. Keep out-of-state relatives up to date by sending weekly postcards throughout the summer. Postcards are great because it keeps the activity short and sweet. Remember, this is supposed to encourage writing; be available to help, but keep it fun!

Demonstrate the value of continuous learning to your child by showing how you continually learn — such as regularly reading and writing, developing new skills for a job, or learning a new hobby or sport.



Living History Farms

Escape to ... wine country INDIANOLA

Spend an afternoon in wine country — in central Iowa? Indianola is world-renowned



Iowa Wine Festival
www.winefestival.org

for its Hot Air Balloon Classic, but it is quickly earning a reputation for its wineries as well. Begin your afternoon at the National Balloon Museum, then tour the local vineyards, taste the wine and enjoy live performances from some of central Iowa's most accomplished musicians.

National Balloon Museum

Designed to resemble two inverted hot air balloons, the museum hosts more than 10,000 visitors annually. Exhibits include hot air balloons and memorabilia, a balloonist's hall of fame, and a "Women in Ballooning" display.

1601 N. Jefferson Way, Indianola
www.nationalballoonmuseum.com
(515)961-3614
Admission is Free

La Vida Loca Winery

La Vida Loca Winery offers more than 22 unique varieties of wine made from the abundance of fruits native to Iowa. Enjoy samples of their delicious products while relaxing on their deck in the summer sunshine.

7852 Jesup St., Indianola
(515)962-2236; www.lavidalocawinery.com
Open Tuesday – Saturday 10-5; Sunday 12-5

Summerset Winery

The Summerset Winery is an inviting place to relax and enjoy the fruits of the harvest. Opened in 1997, the vineyard

now covers 12 acres and grows 10 varieties of grapes. Tour the vineyard, taste the wine, and stay for the music. Summerset Winery offers free weekend concerts April through December.

15101 Fairfax, Indianola
Phone (515) 961-3545
www.summersetwine.com
Tasting room open 10 a.m. to 5 p.m.
Tuesday-Sunday; tours available by appointment. Friday concerts are from 5:30 to 8:30 p.m.; Sunday concerts are from 3 to 6 p.m.

Escape to ... the city DES MOINES

Des Moines is brimming with activities to suit every

interest and lifestyle. Young families can enjoy the ever-expanding Blank Park Zoo and all-new Science Center of Iowa. For more sophisticated tastes a trip to the Botanical Center or Art Center may be the perfect way to spend an afternoon. Everyone can enjoy The Iowa Historical Building and swimming at Raccoon River Park.

Science Center of Iowa

has hands-on science activities for young and old in its beautiful new downtown facility.

401 W. Martin Luther King Jr. Parkway
Des Moines
www.sciowa.org
(515) 274-6868
SCI's Blank IMAX Dome Theater:
515-274-IMAX (4629)



Des Moines skyline
www.traveliowa.com

Iowa's wineries offer a bit of summer bliss

By KENT DARR

Heat and humidity conspired like evil twins on a mid-summer day to keep a reunion of four old friends housebound. Cool and calm on the inside; just plain intimidating outside. What to do?

The answer was simple, and it led to an afternoon of easy fun. Our old friends forgot the heat while listening to Latin music, munching cheese and crackers and sampling the wines at Summerset Winery near Indianola. They walked slowly through its lush vineyard. They let the afternoon drift, and they plugged the gaps in the quarter century that had consumed their separate lives.

A trip to an Iowa winery can be as simple or complicated as you want to make it. The old friends showed up with just the desire to relax and catch up. They sampled several wines before buying a bottle and heading to a large patio. The winery provided acrylic wine glasses. Couples danced in the grass in front of a gazebo where the band played. Others lounged on blankets with baskets of food spread out before them.

Iowa wineries invite you to bring your own food, or you can sample the wineries' wares, typically fruit, cheeses, cold cuts and

crackers. Bring soft drinks, if you'd like, but leave the alcoholic beverages behind. Iowa wines, made from grapes that are undaunted by the vagaries of high humidity and humbling cold, range from sweet whites to dry reds. Novice and experienced wine drinkers willing to experiment will find wines that are interesting and enjoyable.

Food and drink are just part of the experience. Many wineries feature live music; others offer dinner theater, special food-pairing events and art fairs showcasing local talent.

Late summer and early fall is harvest time. You can make a personal contribution to the year's vintage by volunteering to pick grapes and stomping them to juice. You'll be treated, of course, to food, wine and easy fun.

Keep track of events by searching the Internet for wineries near you, or check the events list in *Make Mine Wine* magazine or its Web site, www.makeminewinemagazine.com.

Kent Darr is the editor of *Make Mine Wine* magazine.



Des Moines Botanical Center
www.traveliowa.com

Open Monday through Wednesday 9 a.m. to 6 p.m.; Thursday-Friday 9 a.m. to 8 p.m.; Saturday 9 a.m. to 6 p.m.; Sunday 11 a.m. to 6 p.m.

Blank Park Zoo

is just the right size for an afternoon escape. New to the zoo this year is a bald eagle exhibit, a baby giraffe and a "wild play area" for kids.

7401 SW 9th, Des Moines
www.blankparkzoo.com
Open 10 a.m. to 5 p.m. daily
Children (under 3 years) - free; children (3 to 14 years) - \$5; adults (15 to 55 years) - \$8; senior citizens (55+ years) - \$6



Marmosets at Blank Park Zoo
www.traveliowa.com

Des Moines Botanical Center

is one of Iowa's most popular cultural attractions. Located on 14 acres along the Des Moines River, it houses beautiful botanical displays and provides education to thousands.

909 Robert Ray Drive, Des Moines
www.botanicalcenter.com
Open 10 a.m. to 5 p.m. daily
Adults \$4, students and seniors \$2

Des Moines Art Center

is a world-class museum emphasizing contemporary art. Artists as renowned as Henri Matisse, Edward Hopper

and Georgia O'Keefe are featured in the three-building complex, where even the architecture is beautiful art.

4700 Grand Ave., Des Moines
(515) 277-4405
www.desmoinesartcenter.com
Admission to the galleries is free.
Open Tuesday, Wednesday and Friday, 11 a.m. to 4 p.m.; Thursday, 11 a.m. to 9 p.m.; Saturday, 10 a.m. to 4 p.m.; Sunday, noon to 4 p.m.

Iowa Historical Building

is an exciting museum filled with displays that allow you to experience the rich history of Iowa. From mammoths to coal mines, The Civil War to children's toys, Floppy to the infamous McCaughey septuplets, the displays are eye-opening and awe-inspiring.

600 East Locust, Des Moines
(515) 281-5111
Admission is free.
Open Monday through Saturday 9 a.m. to 4:30 p.m. Sunday, Noon to 4:30 p.m.

Raccoon River Park

is called the "crown jewel" of West Des Moines parks. Its well-kept 700-foot beach on Blue Heron Lake is a relaxing swimming spot complete with a children's sprinkler area and playground. The park also includes nature trails, fishing, boating, and a new dog park. Though it lies in the heart of West Des Moines, it is truly an afternoon escape.

Grand Ave., West Des Moines
www.raccoonriverpark.com

small dog productions, LLC
photography studio

Beautiful.

1018 Marston Avenue in Ames
515-232-3203

talkto@onesmalldog.com

www.onesmalldog.com

photographing the people, events and pets that make up your life

Enchanted Fairy Doors™



You can place your Enchanted Fairy Door inside or out but be sure to leave treats on the doorstep! Fairies love gifts and are partial to sweets, shiny coins and baubles...use your imagination!

The **Shoppes on Grand**
6th & Grand
Ames
515-233-6010

Escape to ... a great place COON RAPIDS

Coon Rapids has been named one of Iowa's "Great Places," and it lives up to the honor. Its mission to provide environmentally-friendly eco-tourism creates a truly special experience for visitors to this small central Iowa town.

Whether your day is spent outdoors enjoying its premiere resort or on the town square antiquing in small town shops, you can be assured merchants and residents are working together to create a unique experience for you.

Whiterock Resort and Conservancy

Whiterock Resort is your destination for outdoor learning and entertainment in Coon Rapids. Free activities include fishing, hiking, bird watching,

and star-gazing but the resort also offers special tours, workshops, camping, bonfires, canoeing, flower arranging, mountain bike rental, telescope rental, hayrack rides and exceptional overnight accommodations.

1390 Highway 141, Coon Rapids
(712) 684-2299
www.farmresort.com
Reservations are required for all activities.

Victorian Garden Walks

Windy Ridge Farm provides garden walks. Old-fashioned flowers and beautiful new hybrids, dainty treats and drinks are featured on the walk.

For prices and reservations, call
(712) 684-5184.

Soster Hus Food and Fineries

This Danish tea room is also an antique shop filled with "fineries."

301 Main St., Coon Rapids
Open Monday-Friday 10 a.m. to 4 p.m.
Lunch is served 11 a.m. to 1 p.m. each day.
Walk-ins are welcome, but reservations are appreciated; call (712) 999-3263.

Escape to ... the farm WOODWARD

Ahhh, June. Sweet breezes carry the hint of drying hay, and you're reminded of summer visits to the farm. You think of how you tumbled out of the car and raced past aunts and uncles and grandparents, eager to escape the restraints of. And deep inside you want to return to the farm, at least for an afternoon.

The owners of three working farms, all about 30 minutes from Ames, can provide the escape you're yearning for. And all three farms are within

five miles of one another so you can make one, two or three stops.

Northern Prairie Chevre

Northern Prairie Chevre is a six-acre goat farm owned by a trio of women — Kathy Larson, Connie Lawrance and Wendy Mickle — with a herd of 80 goats, including 28 milkers and 54 babies. North of the gift shop, you'll see the barn and pasture. If the weather's fine, the goats will be in the pasture. When you finish playing with them, you can watch the cheese makers through the dairy viewing window. Then, walk into the gift shop and sample goat milk fudge and chevre (French for goat, but also the trade name for soft goat cheese) in many delicious flavors. Goat cheese is available for purchase along with products including popcorn, jams, maple syrup, honey and Dubuque monastery confections, all made in Iowa. Also, a large selection of wines from vineyards throughout the state is on display. While you make your purchases be sure to pick up the directions to your next stop, Prairieland Herbs.

To get to Northern Prairie Chevre, take Highway 30 west from Ames. At L Avenue (just east of Seven Oaks ski hill) turn south. Go south to 310th Street and turn east onto the gravel road. At M Avenue you'll see a sign for the goat farm. Go about 1/4 mile.
1247 310th St., Woodward
(515) 432-4022
www.northernprairiechevre.com
goatmom@netins.net

Prairieland Herbs

If the goat cheese at Northern Prairie Chevre tickled your taste buds, this farm will please your nose. When you arrive, you may see the owners, the mother-daughter team of Donna Julseth and

[YOUR SAY]

To the four corners of Iowa

By SUE ULLESTAD

I have a longing deep inside of me to get away.

I have this adventurous side that is stifled by schedules, due dates, and to-do lists. I want to break out of the 20-mile radius of home and office that encompasses me. I long to be somewhere else, to set my own plan for the day, or have no plan at all and see where I end up.

I have been places that have left me in speechless awe: Waimea Canyon in Kauai, Catalina Island off the coast of Southern California, The Grand Canyon, and the beaches of Cape Cod, to name a few. It's been awhile since I have been on such a trip, and the memories have faded.

My husband and I love to travel, but we have put that aside as we put our children through college. Gas prices are high, the Jeep needs new tires, and the refrigerator is going out any day now. I don't think we are alone in such worries.

But we can still venture forth! We think we have to travel to the four corners of the nation, go on a cruise or visit another country. And yet, there is much in our own great state that we have not yet seen — much history and great beauty. We are proud to be Iowans. Let us familiarize ourselves with more of it.

Iowa has all we need. We can find a new spot to explore, a new vista to take in, a new trail to hike, and a new restaurant with great food and ambiance. The four corners of Iowa have so much to offer, from the waves of entertainment available around Lake Okoboji to the north, to the beauty of the hills and bluffs along the Mississippi to the east, to Burlington's crooked Snake Alley and blooming Crapo Park in the southeast, to the Loess Hills' panoramic views to the southwest.

Bliss and joy are not always found somewhere else, so we shouldn't feel deprived not going to some far exotic place. We can see God's handiwork all around us. His blessings flow in Iowa.

We can find contentment here in the Heartland.



Picket Fence Creamery
By Jolene Philo

Maggie Julseth Howe, harvesting herbs from the gardens that dot their property. And most days you can watch them put freshly harvested herbs in their copper still that produces non-alcoholic hydrosol. Inside the still, water and herbs are heated to boiling. Then the steam is collected

and condensed back into a liquid, hydrosol, which contains plant material and tiny drops of essential oil.

Be sure to stop in the gift store where personal care and household products, all made on site using fourteen different carefully distilled hydrosols, are for sale. You can even have

oils blended to produce your own custom fragrance. Take time to look at the eye candy on display — brilliantly hand-dyed yarns supplied by area fiber artists.

When you've looked and sniffed to your heart's content, ask the folks at Prairieland Herb for directions to your last stop, Picket Fence Creamery.

13505 S Ave., Woodward
(515) 438-4268
www.prairielandherbs.com
shop@prairielandherbs.com

Picket Fence Creamery

When you enter the driveway and pass the picket fence, look for the cattle barn on the north side of the creamery. A bevy of cows, munching hay from the troughs, waits to greet you. After they make you feel at home, meander to the creamery's south side where the

calves, and a few puppies, want to play with you. Once you've had your farm fix enter the creamery, where coolers are full of milk, cream, cheese and ice cream, all made on the premises and available for purchase. Eighty Iowa families produce the grocery items, home-baked goods and meat that line the shelves and fill the freezers.



Prairieland Herbs
By Jolene Philo

You can sleep easy if Geisinger Construction is doing your remodel, addition, bath or kitchen.

We can do the whole project start to finish.



CONSTRUCTION, INC.

Residential • Light Commercial • Farm

515-232-8951 • 515-203-0729

FREE 14 DAY TRIAL MEMBERSHIP!
NO RISK. No Obligation. No Money Down.

Escape to Ames Racquet & Fitness this summer!

Call or stop
by today to activate
your trial membership!
Give us a chance to
earn your business.



www.amesracfit.com

North | **West** | **South**
292-4741 | **268-8077** | **232-1911**



Picket Fence Creamery
By Jolene Philo

as cheese and ice cream being made. The cows in the dairy, owned by Jeff and Jill Burkhard, receive no artificial hormones, chemicals or antibiotics, and the dairy products are vat pasteurized and non-homogenized.

Be sure to ask for a free ice cream sample. You won't be disappointed. In fact, you'll want to take some hand-packed ice cream home to enjoy later — the perfect end for your afternoon escape.

Near the check out counter is the dairy viewing window where you can watch milk and cream being bottled, as well

14583 S Avenue, Woodward
515-438-COWS (2697)
www.picketfencecreamery.net
jbmilk@netins.net

A three-farm tour is held one Sunday afternoon during each of the summer months. The festivities include local food samples, wine tasting, entertainment and kids' activities. The next three farm tour will be June 3. Check their websites for more information and a map.

Picket Fence and Northern Prairie products are also available at Wheatsfield in Ames.

Alpha Copies & Print Center
2310 Lincolnway
515.292.3121
www.alphacopies.com

OPEN 7 DAYS A WEEK
Open Early at 6 AM
FREE

Here's what readers are saying about

Facets *for women*

“I wanted to write and tell you how much I look forward to the Facets addition. I have been informed, entertained and inspired by the women you have featured.”

“The last issue of Facets was amazing!!! This, for me, is what I want to read about concerning women. It was filled with pertinent issues ... thank you!”

“First, let me say how much I enjoy the Facets magazine. I look forward to reading it when it comes each month and I think it is a fine addition to the Tribune. I should have written my thanks long before now.”

Could your business benefit from having its ad here?

Call Karen Howard at 232-2161, Ext. 481, for details!

[FOOD BITES]

summer eating

central iowa style

By JOLENE PHILO

In Iowa, berry season signals the arrival of summer.

And nothing tastes better on a long June evening than warm strawberry shortcake topped with fresh berries and cream. You can find both of those homegrown ingredients within driving distance of Ames.

Toss your cooler in the trunk and take an afternoon trip to the Berry Patch in rural Nevada, where you can pick your own berries or buy some picked that day.

Pack the berries in the cooler and head south to Pickett Fence Creamery. There, you can buy cream to pour on your shortcake straight from the carton, or whip it into a delicious topping. Either way, you're in for an incomparable Iowa early summer treat.



The Berry Patch

asks that you call ahead (1-877-382-5138) for an appointment. Check their website (www.berrypatch-farm.com) for directions and information about what's ready to pick.

Picket Fence Creamery

(515-438-COWS) is open from 8 a.m. to 8 p.m. Monday through Saturday. Check their Web site (www.picket-fencecreamery.net) for directions.

Strawberry Shortcake

1 quart strawberries, washed and hulled
1/2 cup sugar
2 cups flour
2 tablespoons sugar

3 teaspoons baking powder
1 teaspoon salt
1/3 cup oil
1 cup milk

Preheat oven to 450 degrees. Slice strawberries into a bowl. Stir in 1/2 cup sugar. In another bowl, mix flour, 2 tablespoons of sugar, baking powder and salt. Add oil and milk. Stir until dry ingredients are moistened. Put batter into a greased 9-inch square or round pan. Bake for 15 to 20 minutes until cake is golden brown. Set on a wire rack to cool. Serve warm, topped with berries and cream.

Discover jewelry to make
your spirits soar!



- Dichroic Glass
- Colored Pearls
- Semi-precious Stones
- Fashion Watches
- Paperweights
- Costume Jewelry Repair

Nature's Touch
Handcrafted Jewelry

311 Main • Downtown Ames • 233-6179
Wild Women's Specials

Your Summertime Sweet Shop



**Temptations
on Main**

309 Main Street
Ames, IA 50010
515-232-6393

TemptationsFineChocolates.com

Summer Breeze Summer Breezes



Main Street
CULTURAL DISTRICT

Ames, Iowa

www.MainStreetCulturalDistrict.com

Artist, author and pack rat Laura Comito will be presenting "Altered Art," a multi-media demonstration, at the **Octagon Art Shop** Saturday June 9, at 1 p.m. Enjoy 15 percent savings on Laura's unique and inventive works during the month of June!

Create all kinds of summery embroidery fun with the Janome MB-4 four-needle embroidery machine available at **Ames Sewing & Vacuum Center**. Come in and we'll show you how it works!

Seashells by the seashore? You won't need to go to the seashore to find these seashells.

Chocolaterie STAM can fill all of your seashell needs in a chocolate version! Stop in and pick up a few.

Cool off from the warm summer sun with a cool treat from **Temptations**, home of the \$1 ice cream cone!



Pearls from the cool blue ocean are paired with glass beads to create fun flirty summer jewelry available from **Nature's Touch**. Stop in and see the wonderful collection of summer accessories!



JANOME



Start Sewing with the Best!

JANOME FEATURES:

- Computerized stitch selection guide
- 32 stitches, includes one step buttonhole and 16 stretch stitches
- Adjustable stitch width and length
- Electronic speed control
- Superior Feed System (SFS)
- Free arm
- Snap-on feet

**AMES SEWING
&
VACUUM CENTER**

214 Main Street • (515) 232-1001

ANTIQUE
Ames

ANTIQUES * ART * ESTATE ITEMS

*Sail Away
To Antique
Ames*



OPEN 7 DAYS 10 -6

203 Main, Ames

515-233-2519

AntiqueAmes.com



Experience the Unique
Classes

Summer Classes and Art Camps
Begin in June - Register Now!
Visit www.octagonarts.org for details



Gallery

Community Quilt Exhibit
Opening Reception June 1, 5-9 pm
On View through July 22



Shop

Receive 15% off all works by
Laura Comito during June.
Unique, Hand-crafted Artwork

Octagon Center for the Arts

427 Douglas Ave, Ames • 515-232-5351 • www.octagonarts.org



ist around the
mer from Main
reet (on Kellogg)
u'll find
ages by Ngaire
tography
udio. Check out
r unique little
t shop for
yalux candles,
velry and more!

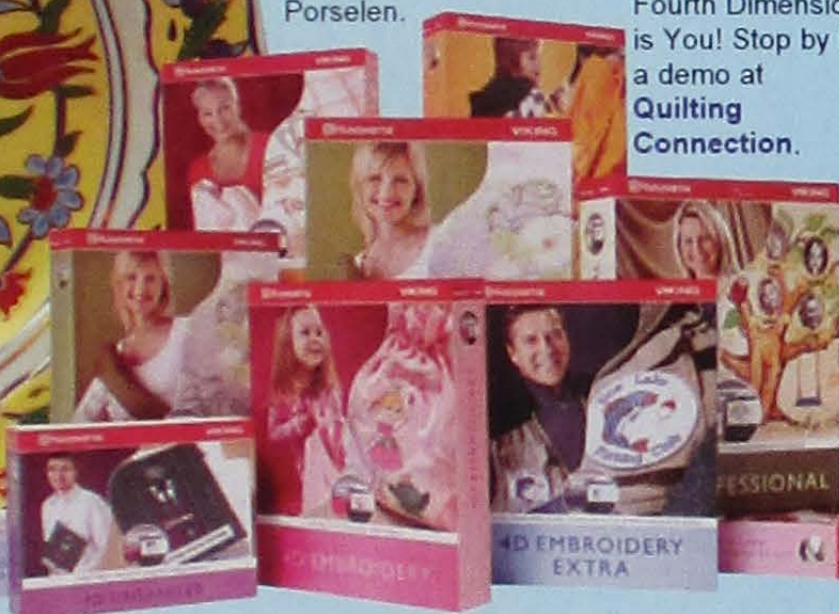


Summer's best fruits and flowers can be found on these colorful ceramic pottery pieces by j. mccall available at **Everts**. These beautiful art pieces are functional as well as decorative!



Breeze into **Great Stuff, Ltd** to find many one-of-a-kind items like the 9½" Kūtahya Porselen plate. Pure gold is used in the creation of all Kūtahya Porselen.

New 4D Embroidery Software -The Fourth Dimension is You! Stop by for a demo at **Quilting Connection**.



GREAT STUFF LTD.

SELECTIVE CONSIGNMENT STORE

FURNITURE
GLASSWARE
ANTIQUES
HOME
ACCESSORIES
JEWELRY

AND SO MUCH MORE!

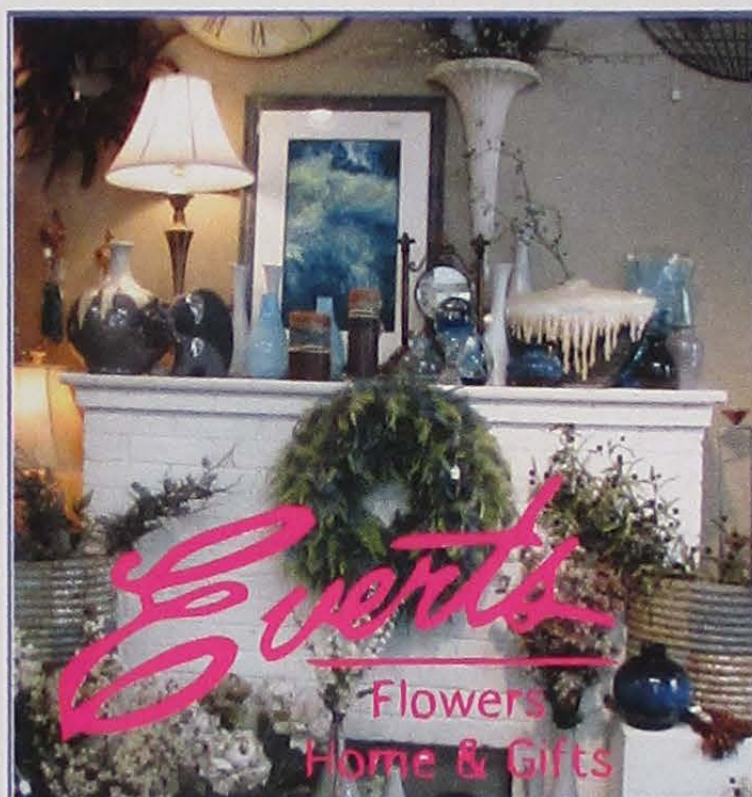


312 Main St. • 515-233-1396

Tuesday - Friday 10-5:30

Thursday 10-8; Saturday 10-5

Closed Sunday & Monday



329 Main • Ames (515) 232-5634

www.evertsflowers.com

Hours: Mon-Fri 8:30-5:30;

Thursdays Open Until 8:00; Saturday 8:30-5



www.ngaire.net 515-233-5447

IMAGES

by *Ngaire*

...before they grow up

Husqvarna

VIKING



Quilting Connection



FABRICS • NOTIONS • PATTERNS • CLASSES • BOOKS • SEWING MACHINES

Over 6,000 bolts of quilting fabrics, hundreds of books, patterns, notions!



All New Sapphire Machines

10" Opening, Dual Lights, Exclusive Sensor System, Great Price

Join us for Wild Women's Weekend
June 8 and 9

Quilting Connection

238 Main St., Ames • 233-3048 • www.iaquilts.com

Mon & Thur 10am-8pm; Tues, Wed & Fri 10am-5:30pm • Sat 10am-5pm

Classic Chocolates



230 Main St., Ames • 515-232-0656

888-288-STAM (7826) • www.stamchocolate.com

Amsterdam • Ames • Des Moines

Twelve months to make you money smart

By KAREN PETERSEN, WITH TAHIRA HIRA



It is time to benefit from your new financial awareness.

You know how much money you actually choose how to spend and how you spend that money. Your credit cards are well on the way to being paid in full each month, and you have a cash reserve.

It is time for your summer escape to grandma's house, the beach, the city or even a new country. No matter where you travel, planning ahead will allow you to enjoy your summer vacation without the anxiety of "How much is that credit card bill?" These tips from local women should help.

JUNE ASSIGNMENT: Travel on a shoestring

BEFORE YOU GO:

- **Keep your lifestyle in check.** "We make room in our budget for wanderlust by not spending on less important (to us) items. We drive older cars, eat out less, and we do not have big screen television or cable. If it's a choice between keeping up with the Joneses and travel, travel wins every time." — *Abbie, recently retired*

ACCOMMODATION:

- **"Plan to travel where you have a relative or friend with whom you can stay.** We stayed with Dick's sister during our week in NYC — 1 block from a subway stop — three stops and we were in Manhattan. The price was great." — *Rae Haws, retired, age 64 and looking forward to trip with two granddaughters to Disney World.*

- **"Don't overlook student-type accommodations** (You can find these places in youth-oriented travel book and at Lonely Planet's Thorn Tree web site). In Berlin, our hostel was a houseboat on the River Spree. It was a hoot (and not noisy). This is not for people who like the comforts and amenities of a real hotel." — *Linda and Tom Emerson, seasoned travelers with children, nieces and nephews in England, New Zealand, Cambodia, Canada and Thailand. This year they plan to experience the soccer season in England.*

AVOID FINANCIAL CRISES:

- **"Notify your credit card companies of your travel plans.** Credit card companies have been known to suspend cards mid-trip because your spending pattern changed and they suspect fraud." — *Linda and Tom Emerson*

- **Cull your wallet before travel.** Carry only documents or cards that you will need — or might need — in an emergency. Make a copy (both sides) to carry with you. This can be a lifesaver if your documents are lost or stolen. — *Linda and Tom Emerson*

GETTING AROUND:

- **Buy whatever tourist pass is offered for public transport** if you are in a major city for more than a day. "Be prepared; do a little research on transportation and maps before you leave home." — *Linda and Tom Emerson*

EATING OUT:

- **Eat your main meal at noon;** lunch prices are cheaper than dinner prices. "Pack Ziplock bags; if your hotel rate includes breakfast, you can slip sandwich fixings or a snack into your bag." — *Carol Elbert, who has taken many trips since retirement*

- **Buy food at a grocery store for breakfast and lunch** instead of eating three meals a day at a restaurant. "I save money, usually eat healthier, and enjoy dinner at a nice restaurant." — *Vickie Newell, 39, who takes family vacations with children*

- **Combine ice packs and family meals.** "I take frozen, homemade lasagna (when traveling to our favorite cabin in Colorado). It keeps items in the cooler cool while traveling across Nebraska and is an easy meal when we arrive at our destination."

— *Jeanne Allen*

EASY PACKING:

- **"I group items I will wear each day, place each day's clothes in a large freezer bag, press the air out of the bag and seal.** Clothes arrive wrinkle free, and soiled clothes can be returned to the bag. This tip may not save money, but it certainly saves time and frustration, and because it takes less space in the suitcase I had room to bring back new purchases." — *Fran Frazier, who is practicing for more travel in retirement, shared this tip after a golfing trip to Palm Springs.*

JOIN A GROUP:

- **Some planned trips can provide a great deal.** "Recently I joined a trip scheduled by the Iowa State Bar Association. You get airfare, breakfast and hotels in decent (not five-star but nice) hotels for a very reasonable price. My most enjoyable days and best travel experiences have been when we rented a car or hired a driver and made our own plans." — *Deborah Krauth, a 50-something avid traveler*

I hope you use some of these tips as you plan your summer get-aways.

I am planning a Money Smart trip to distant shores in 2008. If you want to join me call or email for information.

Become Money Smart: Chose a topic. I will create a class for you and a group of friends.

We would like to answer your questions and celebrate your successes. Call 232- 2785 or e-mail Karen@mymorethanmoney.net.



facets **FACES**

AMES AREA CROPPERS

These women are undaunted by boxes of vacation photos. The scrapbooking club meets the first Friday of the month at the Creekside Clubhouse, in the Creekside Mobile Home Park off South 16th Street in Ames. Anyone interested in getting involved with the group should call Mary Perry at 232-1380.



STILL sailing

Sandi Austin is still happy to help travelers plan their vacations 25 years after starting her business

By SUSAN VERNON

When registered nurse Sandi Austin decided she wanted a job that allowed her more time with her children, she didn't have to look any farther than her own basement.

Her desk was littered with the travel catalogs and brochures she had been using to help her friends plan their family vacations for years.

"I have always been interested in family travel," Austin said. "I am an addict of learning about travel."

But it takes more than interest to turn a hobby into a successful business. Austin took steps to tip her hand toward success: She hired an employee with experience, took the right courses at airline-sponsored travel schools, and chose a prime location on Main Street.

Above all, she networked. She spread the word to friends from her many volunteer activities, her children's school and her job as a registered nurse. She built new connections by joining the Chamber of Commerce and Convention and Visitors' Bureau.

She still remembers her first sale — a trip to Hawaii.

Austin launched Sail Aweigh Travel in 1982. Twenty-five years later, even after airline deregulation and the growth of Internet travel sites, her business is still booming.



Images by Ngaire/232-5447

More time for families and adventure

Sandi Austin is excited about some of the new travel trends she is seeing:

- **Generations of families travel together more than ever.** "I don't know if it's because of 9/11, but maybe," she mused. Whatever the reason, she is planning more trips for grandparents, children and grandchildren or sisters and their children to take together.
- **Baby boomers get out of a rut.** "Older people aren't doing those same old stand-bys anymore," she said. "They are doing more adventure travel, African safaris, white-water rafting and mountain biking in Alaska."
- **Some travel on a shoestring.** "People sometimes think that travel agents are for people who can afford expensive travel, but they are for everyone in every price range," Austin said. In fact, Austin said her services can be more important for someone on a budget, as she can help travelers uncover hidden gems, lesser known destinations, and affordable, quality accommodations.

A personal touch

Travel agents possess expertise and provide personal attention that online travel sites can't provide, Austin said. She knows how her clients travel, she keeps up to date on destinations and accommodations, and she gets to know vendors all over the world so she can be sure her customers are well-cared for wherever they go.

"It's so nice to travel and know there's someone looking out for you," said long-time customer Judy Huber. "You don't have to worry about anything."

Vicki Newell marvels at Austin's knowledge. As the director of Primetime Alive, Newell has accompanied Austin on dozens of trips for the 50-plus set in Ames.

"Sandi has been to so many of the places she recommends, and if she hasn't she says, 'Dave and I are going to hop in the car and check that place out this weekend,'" Newell said. "She is always out and about."

Austin has a personal stake in the success of a trip that the Internet does not.

"If I recommend a place to them that turns out to be awful, I have to see them at the grocery store. I have to sit behind them at church," she said with a laugh.

She prides herself on putting together trips that customers could not put together themselves, always looking for unique destinations or fun surprises. One customer's trip to Germany included accommodations in a converted wine ciste.

"He still laughs that I made him sleep in a beer barrel," she said.

Newell praised Austin's creativity. "Sandi has great ideas, things you would never think of. One of the most popular trips we have taken was to the Spam Museum in Austin, Minn. We have had people requesting to do it again."

Tours without a hitch

Tours and cruises are Austin's favorite trips to plan and take, and that enthusiasm apparently shows.

"If we (in Primetime Alive) had more time, we would do more trips," Newell said, "and every trip would be full!"

She attributes the popularity of these trips to Austin, who makes everyone feel not only welcome but secure.

"She is quick on her feet," Newell said. "We get thrown a lot of loops on trips. Troubles come up, and she can handle them,

and no one even knows anything was wrong."

On one trip, a woman knocked on Austin's door late at night fearing her husband was having a heart attack. Austin, with her nurse's training, took care of him right away, Newell said. Austin arranged for the man to be taken to a hospital where he was treated, and the travelers were able to continue their trip in good spirits.

"She just has so many skills," Newell said. Client Linda Usher's favorite "Sandi story" is more light-hearted.

"We were in New Zealand on a farm stay overnight," Usher said. "This farm raised sheep and reindeer. The farmer insisted that we go out into the field full of sheep. It was very muddy, so we all had to wear rubber boots that were quite tall. Sandy isn't very tall, and the boots almost encompassed her legs. We were in the field amidst the flock of sheep when a dog began to move the flock, which moved Sandy — or rather upended Sandy — and down she went into the flock."

"Needless to say when she came up, with help, smiling and laughing, so were we."

Helping a new generation of travelers

When Austin left her career as a registered nurse in 1982 to open her own travel agency, her father worried she was making a huge mistake. Today, the children and grandchildren of her clients are coming to her to plan their honeymoons and family vacations.

"It's a magical kind of job," she said. "I get so much satisfaction from helping people. I get to help people during what is often the best time of their lives."

And she certainly accomplished her goal of having more time for her children. Her son Steve manages corporate accounts for the successful business that began as a pile of catalogs in his mother's basement office.

And what about all the buzz about summer gas prices? Can the travel industry weather this latest struggle?

"Traveling is a little like smoking," Austin said. "Some people are going to smoke no matter how much cigarettes cost. Travelers will travel no matter the price. They may change how they travel or where but they will travel."

"The world is a wonderful and exciting place!"

From index cards to Internet

Over the past 25 years, Sandi Austin has seen big changes in the travel industry.

"When I started, we wrote tickets by hand and itineraries on index cards," she said.

Here are some of the ways travel planning has changed:

- **No free lunch for clients.** Before airline deregulation, travel agents were paid by airlines and provided their services free to travelers. Today, agents charge their clients a fee. Austin says that is a positive change.

"It's made the travel agency a much more credible business," she said. "People don't go to an accountant and expect their taxes done for free."

- **Internet is a tool for travelers.** Austin says the Internet has not hurt her business. In fact, "the Internet is our best friend," she said.

It has simplified her job. What once took hours of research in catalogs and magazines can now be accomplished in minutes online.

Clients are more knowledgeable as well. "In the past, people would come in not having any idea where they wanted to travel," she said. "Now they come in with their own ideas about where they want to go, and it is much easier to plan a trip they will enjoy."

- **Flying gets trickier.** "There used to be four fares," Austin said. "Children, coach class, first class, and military/religious. Those were the fares. They changed every 30 days. Now they can change every 30 minutes!"

In addition to navigating airlines' pricing structures, Austin also keeps current about airline services and security measures.

"I used to love to fly," Austin said. "Now I tell people it's a mode of transportation."

Sail Aweigh Travel is located at 103 6th St., Suite 204, in Ames. For more information, call 233-5203 or go to www.sailaweigh.com.

Wild Women's Camaraderie, disco

By SUE ELLEN TUTTLE

It's amazing what wearing a touch of pink can do — at least, what it can accomplish when it's worn at Wild Women's Weekend in Ames.

Last summer, Connie Hardin of Ames was still recovering from the loss of her husband. When the husbands of two of her closest friends planned a fishing trip to Canada, the three women decided to spoil themselves and reserved a suite at the new Grand Stay Hotel for Wild Women's Weekend in Ames.

"It sounded like fun," said Hardin, 70. "We hit just about every little thing. We went to lunch and a talk about finances for women at the bank. We went downstairs at Olde Main to tour the brewery. We enjoyed the style show. Walking around, we saw lots of wild women of all ages ... we know they were wild women because we were all wearing our pink boas."

The event left the trio feeling renewed, Hardin said.



Photo courtesy of Main Street Cultural District

Just one of the activities in store for wild women June 8 and 9:

At Chocolaterie Stam, wild women will be welcomed, pampered and celebrated with unrestrained decadence for two hours on Friday evening:

- Sample from the 50 varieties of fresh cream bonbons made with Belgian **chocolate**.
- Relax with a Swedish chair **massage** by women's health experts at Healthwise Resources.
- Experience Latino **hospitality** as Montebello staff members bilingually attend to your needs.
- Sip organically and locally produced **wine** from Prairie Moon Winery.
- Let lyrical Irish, French and English chords of **harpist** Sarah Kloewer soothe your psyche.

This is only one of more than 30 activities and events that Wild Women's Weekend, organized by the Main Street Cultural District, offers over two days and nights. That's two days and nights of quilting, flowers, fashion, etiquette, cooking, chocolate, massages, jewelry, wine and beer, art, makeup, music, ethnic food, dancing, pearls, pillowcases, interior design, furniture, friendship and more. Every woman who registers receives a pink silk scarf and a keepsake shopping bag filled with goodies and coupons. Check out www.MainStreetCulturalDistrict.com for registration, hotel information, participating businesses and schedule of events and activities.

Weekend

ery, celebration and renewal

JUNE 8 AND 9 IN AMES



Monica Adair was a stay-at-home mom who had lived in Ames only a few months when she read about WWW. It sounded like fun, she told her mother.

So Kathy Cole took the day off work and drove from Minneapolis to join her pregnant daughter and 3-year-old grandson exploring downtown Ames. Cole was pleasantly surprised by the beautiful shops along Main Street. Mother and daughter were captivated by the flower arranging class they attended at Everts. They loved the pink boas. And within hours of discovering "great deals" at The Savvy Shopper, the pair became two of the store's best customers.

"The day felt very warm and inviting," Adair said. "Everyone was in a good mood. Just walking down the street offered a sense of camaraderie even though I didn't know anybody. Wild Women got me out into the community; I don't know that I ever would have explored that area of town by myself."

For Adair, the Wild Woman experience was the beginning of belonging to a community. Friendships and connections she made that day grew into business relationships, and today she is the store manager at The Savvy Shopper. This year, her role in Wild Women's Weekend will be to welcome other women into community.

Great fun for businesses, too

Kil'n Time had only been open for two weeks before last year's Wild Women's Weekend.

"It was crazy!" said co-owner Cynthia Shulman. "Lots of women checked us out because we were new."

This year, she and partner Jill Jensen are ready to celebrate wild women and their first year in business. Guests can paint complimentary 4-inch bisque tiles, take advantage of half-price studio fees, and experiment with something that's really big right now: glass fusion.

"We are the only location in Central Iowa where this is available," Shulman said.

During last year's event at Kitchen, Bath & Design, owner Jeani Lee entertained everyone from 6-year-olds with mom in tow to the group of Iowa Hat Ladies — dressed to the nines with their hats, gloves and polka dots — as wild women wandering up and down Main Street found their way into her shop for High Tea. Almost every hour she offered a cooking demonstration — or tried to. The women had so much fun that when it was over, they didn't leave.

The indisputable benefit of hosting this event, said Everts owner Brian Smith, is that it brings in people who don't generally come in and raises

(continued on page 24)

A wild woman ...

"... is true to herself without imposing or allowing herself to be pressured."

— Sarah Kloewer, 24, graduate student/writer/harpist

"... is independent and wants to have some fun."

— Sandra Sandfort, 67, retired esthetician

"... likes to try different things, and look at things in a different ways."

— Donna Erickson, 67, retired graphic artist

"... is free to have fun for the weekend; might be a friend, daughter, sister."

— Stacy Dreyer, 34, membership director, Ames Chamber of Commerce

"... is not afraid to let herself go and have fun and do what she wants."

— Hannah Dreyer, 10, elementary school student

"... may be a little bit eccentric, likes to have fun and be silly with their friends, express themselves."

— Kathy Cole, 52, registered nurse

"... isn't afraid to be themselves ... courage to be your own person."

— Monica Adair, 26, store manager, The Savvy Shopper

"... is anybody that wants to have fun in cultural activities ... all age groups."

— Jeani Lee, 54, owner, Kitchen, Bath & Home

"... is not afraid to try new things and seek out new adventures."

— Brian Smith, 46, owner, Everts Flowers and Gifts

"... feels free to express her spirit and is uninhibited."

— Tina Thill, 27, store manager, Worldly Goods

"... likes to let her hair down after taking care of her family and home!"

— Cynthia Shulman, 41, co-owner, Kil'n Time

"... gathers with other women to have a great time and relax."

— Jill Jensen, 44, co-owner, Kil'n Time

"... has a sparkle in her eye ... and you never know what the sparkle means."

— Jacki Meimann, 54, store manager, Great Stuff

"... is 70 years old ... and wants to have fun ... while you can."

— Connie Hardin, 70, retired secretary

"... is irrepressible and full of joy."

— Ria Keinert, 48, owner and director, Healthwise Resources

(continued from page 23)

awareness of what different businesses have to offer. Smith has observed the particular camaraderie that characterizes the groups of anywhere from two or three to a half-dozen or more.

"It's a social thing, definitely, for any age," he said. "Maybe a woman that lives here in town will invite her mother or her daughter or her friend to come in for the weekend. So we see lots of women from out of town, and this is good because when they come to visit again, they will want to go back to that little shop where they had so much fun."

Like Lee, last year Smith felt pressed for time. He would finish a presentation or a class and the women would have another activity scheduled

immediately following his. There was no time to linger, discuss, or shop. Knowing this, planning committee members have scaled back the schedule for this year's event, focusing on the quality of experience more than quantity.

"Mostly we hope to showcase a wide variety of shopping experiences and things to do in downtown," said Allyson Walter, who owns The Savvy Shopper and recently stepped in as interim director to the Main Street Cultural District. "We want to keep downtown on the top of people's minds, so that when they are looking for a day to spend shopping, they remember that downtown is a great place to consider."

By Small Dog Productions/232-3203



Glass fusion is one of the activities that wild women can experience at the festivities the first weekend in June. It is the fine art of mosaicing glass that is then fired in a kiln instead of being grouted. The annealing process makes it one piece of glass; a second firing can shape or form the piece.

[BOOK NOTES]

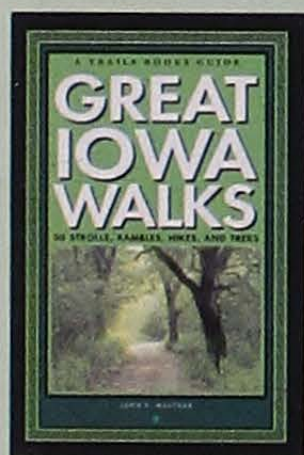
time to Meander

With summer on its way and the great outdoors and the open road calling, it's time to start planning your getaways.

By MARISA MYHRE

"Great Iowa Walks: 50 Strolls, Rambles, Hikes and Treks"

By LYNN L. WALTERS



With the nice weather I have begun walking every day I'm able. Many professionals recommend walking around an hour every day for women. I feel it's a

good and reasonably comfortable way to exercise.

This book of Iowa walks includes a numbered map that shows where the walks are. Some are close by (such as Ledges National Park), and some would require some driving, but author Lynn Walters makes them all sound wonderful.

The walks are divided by landscape — for example, prairie walks, forest, lakes and caves. The book offers enough information to make sure out-of-

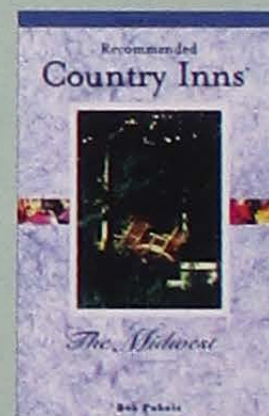
practice walkers don't get in over their heads. The walks vary from less than a mile to 14 miles and include approximations of the time it takes to walk them. Lists of gear to bring along, what to wear, and a short list of plants and animals to watch for are included.

Each walk also contains directions; contacts for the officials running the area; highlights of the walks; and a detailed hand-drawn map. Walters also leads the reader through the walks, mentioning where to turn or what sights are there. It offers directions based on the cardinal directions (north, south, east and west) as well as more layman's terms (start out facing the cabin). It also gives describes a walker's actions (scramble up, slide down, stop to gaze at, etc.) to keep the walker on the path.

It also offers a fun side, pointing out walks by pens of wildlife in a sort of "zoo," a place to pick up fossils, a visit to Effigy Mounds for a dose of Native American History, or a walk over a hill deposited by a glacier.

"Recommended Country Inns: The Midwest"

By BOB PUHALA



Someone planning a longer getaway could make use of this book, which covers Illinois, Indiana, Iowa, Michigan, Minnesota, Missouri, Nebraska, Ohio and Wisconsin.

Author Bob Puhala begins with a chatty reminiscence his travels through the inns that

continues in the book.

In addition to all the necessary information on the accommodations, Puhala gives a description of each inn that focuses on the nature that surrounds it, from the eagles nesting in view of the bedroom windows to plants on the porch. His personal anecdotes and facts about the inns bring the inns and sometimes their owners to life with vivid detail, almost bringing the peace itself to the reader.

Puhala marks and indexes inns for travelers with special requests or needs, such as swimming pools and wheelchair access, as well as the places best for business people, kids, romantic getaways and much more.

[THE HAPPY OLD LADY]

The road home

Travel was more of an adventure in the 1940s — especially for a girl prone to motion sickness

By NANCY LEWIS

When my family moved to Springfield, Ohio, in April 1943, we left much of our extended family behind in Iowa.

My father's parents, my mother's mother and great-aunts, and most of my parents' siblings and their families all lived 20 to 30 miles west of Burlington. Until that spring, my parents had lived in several Iowa towns, but had always before been close enough to visit "home" often.

By the summer of 1944, we all felt a strong need to get back to see the folks in Iowa. The Second World War was still going on and gasoline was rationed, so we took the train from Springfield to Chicago and changed there for Burlington. It must have been difficult. I was 11 years old and had never been on a train before, so for a while I was excited. But then the excitement faded and another feeling took its place: motion sickness. We all soon realized that travel on a train caused me as many problems as did travel in a car, so I couldn't read or play any game that required focusing my eyes. I was uncomfortable and bored, and I'm sure everyone knew it.

The train was full of men (and a few women) in uniform. There were not always enough seats for all the people traveling, so my dad stood a good bit of the way, giving up his seat to a soldier. My mother sat with my wriggly 2-year-old sister on her lap, and I sat beside them and tried to sleep.

By the next summer, 1945, the war in Europe was over. We could get enough gasoline to drive to Iowa, but wartime restrictions on speed were still in effect. We drove 400 miles at 35 miles an hour, on bumpy roads that hadn't had much attention for several years. Cars didn't have air conditioning back then, and my mother still had to hold Linda, now 3 but even more wriggly, so that I could lie down on the back seat to keep the motion sickness under control.

On this and all our subsequent trips to Iowa in later years, we took along our food and snacks. Peanut butter needed no refrigeration, and we always had it for sandwiches, along with fruit, potato chips and cookies. Thermos bottles held coffee and cold water, and a canning jar had soapy water for cleanups. There were a lot of roadside parks then — places with a picnic table or two, a little grassy area, and sometimes a pump for water. I was never much interested in the food, but I was glad to get out of the car and not

experience the motion for a while!

Crossing the Mississippi River was a big deal. Most of my friends back in Ohio had never seen the Mississippi, and we studied a lot about it in geography class. Especially during wartime, the river was important for shipping, and there were lots of barges to see. And when we had crossed the river, we were in Iowa again and the trip was almost over.

I don't remember those two specific visits very well. I'm sure that I played with my cousins. My aunts and uncles would have commented on how much Linda and I had grown since the year before. We stayed with my maternal grandmother, and she would let my dad have pie for breakfast, with my mom always saying that he

shouldn't expect to get that at our house!

My father's family held reunions both years at Crapo Park in Burlington. (I understand that there is, or at least was, another park in Burlington. But we always went to Crapo Park.) There would have been a reunion of my mother's family at my grandmother's house. Both reunions would have featured fried chicken, and my boy cousins would have each demanded at least one gizzard. My mother would have made devilled eggs and a popular salad of the time: bananas sliced lengthwise, covered with mayonnaise, and sprinkled with ground peanuts. There would have been a lot of pies and cakes. Someone would have made an angel food cake from scratch — 13 egg whites, whisked by hand — and

used the egg yolks to make a sponge cake. Sometimes one of the uncles would take orders for ice cream and go into town to get it, a quart per person. Often there would be watermelon, and a watermelon-seed spitting contest. I do remember that once my Great-Aunt Margaret, in her 70s (as I am now), won the contest.

I hope to attend a reunion of my mother's family in southeast Iowa this June. My son and I will travel in my air-conditioned hybrid car on four-lane highways at 70 miles an hour. (I did not outgrow my motion sickness; I ride in the front seat, where the motion doesn't bother me as much.)

We'll buy our contribution for the lunch at the HyVee grocery store. My son is vegetarian so he won't be eating the fried chicken, but we'll both enjoy the homemade rolls, the salads and fruit, and small helpings of the desserts. Most of all, I'll enjoy spending time with family, just as I did in 1944 and 1945.



Nancy Lewis as a girl in either 1944 or '45 at Crapo Park, probably enjoying the fresh air after the car ride!



littlegems

Take in some brilliant bits of advice for the month of June.



The blushing bride

Every woman wants to look great on her wedding day. That's what brought Amy Fiscus into Merle Norman on April 28. Her No. 1 concern: She did not want to do her own makeup on her special day! Amy also wanted her makeup to look natural, and she wanted it to last all day. She scheduled her appointment, and beauty adviser Candace Daiker took care of the rest.

For natural, long-wearing makeup:

A foundation with the correct formula for Amy's skin type and a color that matched her skin tone was chosen. A sponge was used to apply the foundation all over her face, thoroughly blending at the

hairline and jaw line.

A little powder was lightly brushed over the foundation to take away shine and set the makeup for longer wearing. A little powder applied throughout the day will help reduce unwanted shine.



A bride's eyes should sparkle!

Before applying the eye shadow, a shadow base was applied to the eyelid to help the eye shadow wear longer and to keep it from creasing. A shimmering crème eye shadow was used all over Amy's eyelid. Soft, long-wearing earth tone eye colors were used to complement Amy's eye color. Eyeliner was used on both the top and bottom lash line and two coats of waterproof mascara completed Amy's sparkling eyes.

And for the finish:

A long-wearing powder blush was applied to the apples of Amy's cheeks, and a long-wearing lip color was applied to her lips. For added shine, a lip gloss was applied over the lip color.

Is the big day coming up for you? Here are some things to keep in mind:

- Great makeup begins with great skin care. Get started on a specialized skin care routine at least two weeks before your wedding; a professional beauty adviser can help you.
- Schedule your preliminary makeover and your wedding day makeover.
- Do a preliminary makeover, so you will know exactly what your makeup will look like the day of your wedding. This is also a great test for how well the makeup will wear.
- Have powder and lip color handy for quick touch-ups.
- Use waterproof mascara.
- Don't forget your bridesmaids and mother of the bride and groom. You will want them to look great, too!
- Most important, relax and enjoy the pampering. It's your day!

Do you want to be a model featured in Facets? We are looking for a model that has concerns with sensitive skin. Sign up for the drawing at Merle Norman, 219 Main St., Ames.

— Kay Gammon, owner of Merle Norman, can be reached at 233-2454 or okaymerle@yahoo.com.

Laura's Cabinet Gallery

HomeCrest
CABINETRY

*Because When It's
Important To You,
It's Important To Us.*
5th & Clark, Ames • (515) 232-6904

Quick tip:

How do you know if your foundation color is correct?
Look at your jaw line; the color should match your neck.



Images by Ngaire/233-5447

The use of flash outdoors, center photo, can eliminate unsightly shadows on the face, as seen in the left photo. The center photo also presents a more interesting image than the photo on the right in which the subject is too small.

Good clicks

Here are some tips for making travel picture-taking easier and more enjoyable:

- **Size does matter!** Don't take a camera that is so expensive that you feel that you have to baby-sit it. You want to enjoy your trip. A small point-and-shoot with 4 to 7 megabytes of memory is fine for snapshots.
- **Make a label for your camera** with your name, address, cell phone, etc. so if it does get left behind, you have a better chance of seeing it again.
- If you are traveling by plane, **carry on the camera** if possible in case your luggage gets lost.
- **Pack your camera in a zippered plastic container** and make sure it is separated from your lotions in your cosmetic bag.
- **Be sure to include extra batteries.** If you are shooting digitally, also bring extra memory cards.
- If practical, **bring your laptop for digital shots** so that you can get the most out of your memory cards and transfer the information nightly. That way you will have a fresh card for the next day's events.
- **Remember to get in close to your subject.** Subjects from more than 15 feet away will appear smaller than you think in your prints. Try to imagine the subject taking up at least one-fourth of the frame as a guide. If your subject is smaller than that, get closer. Use your zoom function when possible.
- **Use that flash outside.** That will give a nice effect in some situations, such as a shady area under a tree.

— Ngaire West-Johnson of Images by Ngaire in Ames can be reached at Ngaire@mchsi.com or 233-5447.

When Ngaire West-Johnson, of Ames-based Images by Ngaire, travels, she doesn't usually bring along her big work cameras.

"They are wonderful for portraits but tend to weigh me down," Ngaire said. "I like to take a small camera that can fit inside a pocket and will be easily accessible when the moment presents itself."

Take five for wellness

If you haven't got five minutes, something's got to give! Give these five-minute tips a try:

De-stress: Enjoy a quiet moment and reflect inward. Even five minutes to yourself relaxes your body and mind and gives you a healthy break.

Schedule margins: Margins are the transition times between activities. Give yourself an extra five minutes before and after events. Less

rushing makes space for deep breathing and brings appreciation to the present moment.

Stretch: Five minutes of stretching, wherever you are, gives your muscles a break and your energy a boost. Your body and mind will thank you.

Shift sleep: Go to bed five minutes earlier, and set your

alarm five minutes earlier. Five minutes at bedtime allows time to release daily happenings and embrace daily gifts before drifting off to sleep. Five minutes upon waking shifts you from the dream ramblings of the mind so you can honor the gift of a new day.

Play: Whether it's throwing

a Frisbee with the neighbor kids, romping with your pet, or finding a park swing, just five minutes engaged in a spontaneous activity enables you to revitalize your energy.

— Deborah Jeanne Kline is a healing arts practitioner at Wellspring Wellness in HealthWise Resources, 327 Sixth St. in Ames. She can be reached at 233-1139, Ext. 20.



HyVee
EMPLOYEE OWNED

your choice for healthy living


my husband
my students
my parents
my children
my co-worker
my friends

i train for me.

HyVee

triathlon

DES MOINES, IOWA • 2007

presented by  **PEPSICO HUMMER**

3800 W. Lincoln Way
Ames, IA
515-292-5580

640 Lincoln Way
Ames, IA
515-232-1961

We at Hy-Vee are committed to health and wellness – our own and yours. To reach your goal of helping you with your quest for health, we offer a multitude of healthful food options, including Hy-Vee HealthMarket natural and organic food choices. Our dietitians – more than 70 of them – are available for individual consultations, teaching classes and offering recommendations. Our stores are full of helpful employees, from produce to fish to meat and dairy, who are highly trained to assist you in making nutritious and healthful choices.



Julie Rastetter says swimming is one way she deals with stress.

TRIPPING

Exercise can be a mental journey

By DEBRA ATKINSON

By Nirmalendu Majumdar

Women run for exercise — for the calories burned, the chocolate earned. Women run chasing the body perfect — the inches, the tone. Women run for better performance — a new personal best, a first.

Women run from something. Women run for something. Women run toward something. There are kaleidoscopes of motivations, but in that, one thing is becoming clear: They do it more and more for themselves in combination with any other motive. Running serves as a metaphor for all kinds of exercise, and in turn exercise serves as a metaphor for life.

Whatever prompts an exercise journey to begin, it often evolves into something else altogether. Exercise changes the woman. The journey often becomes the best part, overshadowing the arrival at any destination.

Many paths to escape

Though running is often a common denominator among women who claim exercise as their escape, it is but one fork in the road to stress relief and holistic well-being.

"Like most, for vanity's sake," Julie Rastetter says of her earlier motives for exercising.

Rastetter practices yoga and swims as well as runs. Years after beginning as a runner, she finds swimming and yoga to be equally meditative for her. There is a

different focus when a yoga instructor is leading a class through a series of movements. Elsewhere it is her voice. Rastetter uses exercise as cherished time alone.

"I think I internalize stress," she says. "So swimming (for instance) helps me deal with it alone."

Exercise is a woman's way of dealing with life's little stressors productively in a way that empowers her.

Driving away from it all

When physically getting out of Dodge is not possibility, exercise is an alternative meditative trip — the other physical getaway.

Jody Bennett says a strong focus on a workout keeps her focused elsewhere in her life. The young family that is all important to her, and otherwise all time-consuming, benefits from the energy and well-being that result from her commitment to a fit lifestyle.

Bennett says she enjoys yoga and long leisurely swims, but she finds intense drive during workouts can also serve as an escape. She can't help it. As the daughter of Bill Bergan, former ISU track coach, she comes by it naturally. A time, a pace, or a distance goal can take the mind to another place temporarily.

Exercise acts as a vacation in many ways. It is more than the age-old exercise "high" due to endorphins released. Purging adrenalin or Cortisol that can oth-

erwise can build up and have damaging effects on health keeps stress in check. It calms, refreshes and renews. A narrow focus on a goal of time, or as in yoga, on the breath and simply the feel of the body can replace other distracting thoughts and to-do lists.

Going to another state of mind

Exercise serves as moving meditation. Certain forms of exercise can alter your state of mind. The physiological and psychological effects of these are very similar to those that happen when one practices more traditional meditation. But the experience is as individual as the woman performing the exercise. Find your muse.

The tranquility experienced after an intense exercise session can be very similar to those experiences that occur with mind-body practices.

But slow paces or long easy workouts without a specific intensity goal can produce a similar but different effect of mind-body exercises. In these activities, if an exerciser has a degree of proficiency that allows them to simply "be" and do the exercise, there is a calming to the rhythmic nature of repetitive movement. Think rocking chair (just don't go there).

Map your workout to take you to a destination if you must. But be prepared to enjoy the long and winding road, wherever else it may take you.

Happy trails.

MEET A *Faceted* Woman



Renee with her parents: Carolyn, Renee and John Klaus

Renee Klaus

Age: 30ish | Office manager for Ames Center for Cosmetic Dentistry | Family: Daughters Abigayle, 10, and Olivia, 8

Renee never leaves home without makeup and a smile. Her favorite motto is "Live today, because yesterday is history, and tomorrow is a mystery." And she rewards herself with a mani and a pedi.

Craziest fashion you ever wore? I am a child of the 80s; when I was young and had the best figure I will ever have, I covered myself with baggy clothes. And there is the thong leotard.

Simplest pleasure? Dark chocolate and a new "big Red"

What makes you happy? My beautiful children and their love of life. And my name; my mother named me for the happiest girl in her high school.

Your best tip for looking and feeling great: White teeth and a great smile.

Favorite wardrobe staple: Black Danskø Clogs and my thumb ring.

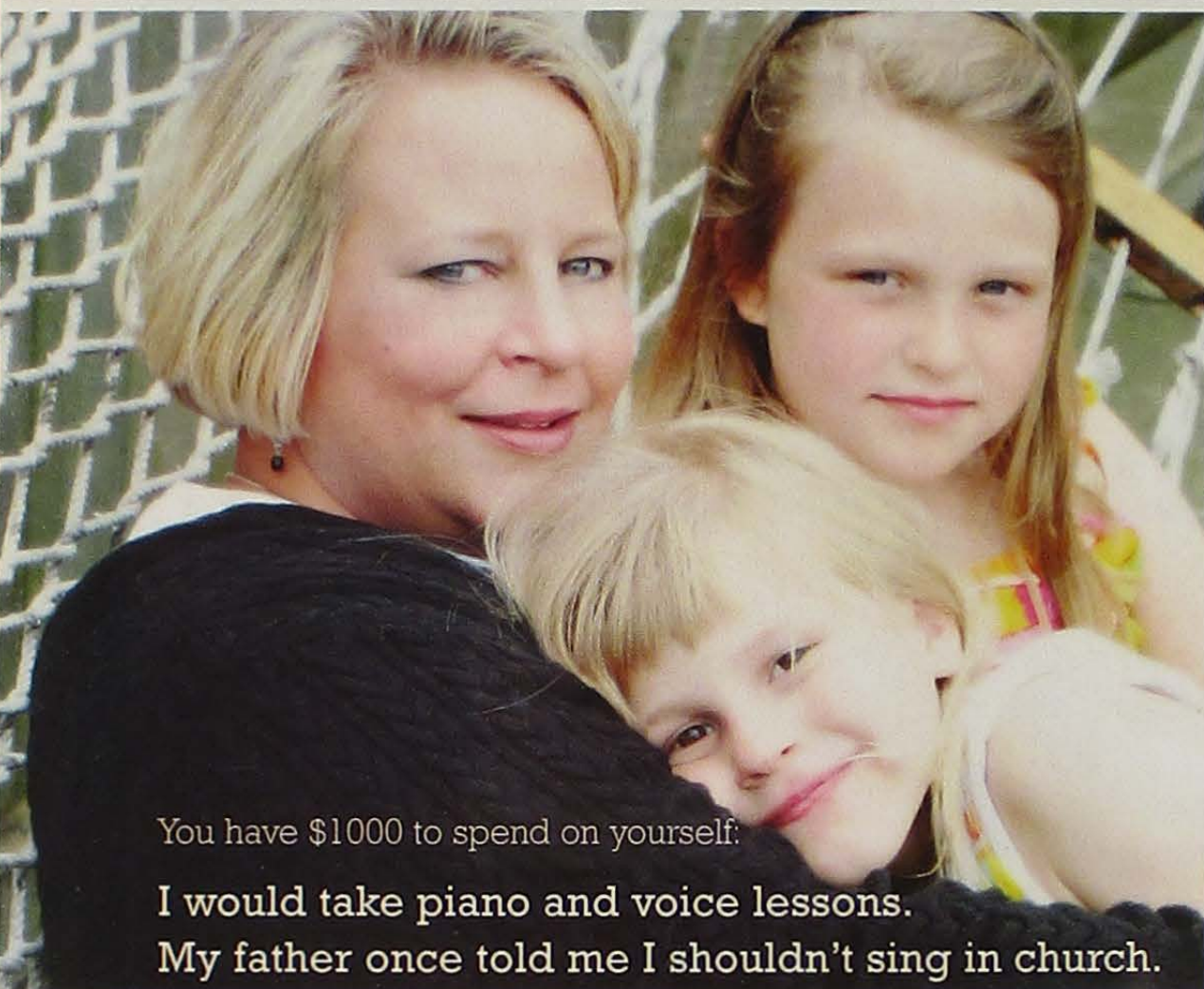
What makes you feel confident? When people remark about my children's positive attitudes. I know my parenting helped them become confident and competent.

If you could be anything you wanted: I would be the female Robin Leach and travel worldwide visiting the resorts of the rich and famous.

How do you take care of yourself financially? Money is necessary to live your life. Do not ignore it. Take control and manage with your eyes wide open.

When I am an old lady I will: Plant vegetables in addition to my flowers. I know I am not going to wear purple and a red hat.

I am thankful for: My attitude and patience.



You have \$1000 to spend on yourself.

I would take piano and voice lessons.

My father once told me I shouldn't sing in church.

Renee with daughters Abigayle and Olivia



Are you a Faceted Woman? Request a questionnaire so we can consider you for a future Faceted Woman column. E-mail karen@mymorethanmoney.net.

Good food, on the go

By HEIDI MARTTILA-LOSURE

My husband and I are selective about where we stop to eat on road trips.

Ideally, we'd find a restaurant with some local ambiance, serving food from farmers just outside of town, who, incidentally, don't believe in those new-fangled pesticides and hormones — they remember when *everything* was organic, thank you very much.

Unfortunately, eateries like that are not all that easy to find along the interstate. (Especially considering most farmers who talk that way are long retired.) Most restaurants advertised on those ubiquitous blue signs that precede interstate exits are the symbols that most of us have recognized since childhood: the golden arches, the bell, the domino.

There are a multitude of reasons why such fast-food restaurants are not good for us, reasons most clearly spelled out in the best-selling book by Eric Schlosser, "Fast Food Nation." But here's the most compelling reason for me not to stop to eat at a symbol: They're boring. I've eaten their food, and it tastes good (there's a reason they've served billions of customers), but if I wanted to eat McFood, I wouldn't have driven several hundred miles to do it!

But what are the options, when you're trying to make good time between two cross-country destinations and don't have time to stray far from the interstate to find a meal?

First, I asked for advice from my uncle-and aunt-in-law, Dave Losure and Mary Schaeffer-Losure. They travel to Oregon every year to visit Mary's family.

Mary told me they don't eat out along the way. Instead, they pack their own meals. They've invested in a cooler that plugs in to the cigarette lighter so they don't have to buy ice. Food that has to remain cold goes in there — though they tend to bring food that won't go bad if it gets a little warm, like smoked meats.

They also pack a basket with everything else they'll need — bread for sandwiches, dried fruit, and so on. Utensils are also included, including a knife and a cutting board wrapped in plastic that serves as a sandwich prep area. The board fits just right between her seat and the van door, Mary says, ready at a moment's notice for sandwich construction.

Their favorite sandwich on the road is smoked salmon and avocado, with a little lettuce and tomato.

Packing a lunch is all well and good, and

most of us make some effort to do this. But what about those times when you want a hot meal, or when you want to sample a little bit of the flavor of this great country of ours?

There are restaurants that value quality local food. Representatives from two of them have come to Ames recently to talk about their endeavors.

One of them is Farmers Diner, which currently has one location in Quechee, Vt., and has plans to expand. But won't that be just like any other chain? No. Farmers Diner has a business model that is different from most restaurants: "The mission of The Farmers Diner is to increase the economic vitality of local agrarian communities. The Farmers Diner creates great traditional foods using ingredients from farmers and producers who are as local as possible." They offer typical diner food, at typical diner prices, but made with ingredients from a few miles down the road instead of a few thousand miles across the globe.

Chipotle Mexican Grill is another eatery that strives to offer natural food — but instead of one restaurant, there are hundreds across the country. It calls its mission "Food With Integrity": "It's a philosophy that we can always do better in terms of the food we buy," says CEO Steve Ells on the chipotle.com Web site, "better tasting, coming from better sources, better for the environment, better for the animals, and better for the farmers who raise the animals and grow the produce." Not all the food is naturally raised, and it's not necessarily local. And the company has a history with McDonald's that has made some discriminating foodies hold their noses. But I'm in favor of supporting anyone who's making an effort.

Finally, I came across a book that I couldn't get my hands on in enough time to recommend it for this article, but it seems promising. The book, called "Healthy Highways," is edited by Nikki and David Goldbeck and contains 1,900 vegetarian and healthy eateries and natural food stores in the United States; it was published in 2004, but those who buy the book can also sign up for free updates from the www.healthyhighways.com Web site.

And my last two bits of advice: Don't consider gas stations as sources of food (although in emergencies, they can supply needed coffee) and don't bother buying water (tap water is far cheaper and, believe it or not, more likely to be safe to drink).

Here's to good road food!

Sylvan
LEARNING
www.educate.com

Don't want this summer
to be a vacation from learning?
Sylvan has a tutor for that.



Summer is the perfect time to help your child catch up, keep up or get ahead in one subject or in school overall.

- Our unique Sylvan Skills Assessment® identifies your child's exact needs.
- Only Sylvan can create a personalized summer learning program with individual attention from caring, certified teachers.
- We have flexible summer hours to accommodate your busy summer lifestyle.
- See why more parents turn to Sylvan than to any other tutor and why more teachers choose Sylvan for their own children.
- We offer the convenience of in-center tutoring or live, online tutoring at home.

June Special:

\$100 off the assessment and \$200 off a program*
Call the Ames location at 515-956-3366
1601 Golden Aspen Drive, Suite 102

*Restrictions Apply

Reading • Math • Writing • Homework • Study Skills
Test-taking • College Prep and More!

University Towers Apartments

- On-Site Managers
- 1 & 2 Bedroom Apartments
- Video Security
- Keyed Access
- Indoor Parking
- Indoor Swimming Pool
- Exercise Equipment
- Satellite Cable
- High-Speed Internet
- On-Site Beauty Salon

IN THE
Center
OF IT ALL



UNIVERSITY TOWERS

111 Lynn Ave ~ Ames

515-292-2236

universitytowersames.com



*You Know Us For Our Flooring,
Now Get To Know Our Furniture!*

*Introducing the new South Beach!
This group has great style, as well as comfort!*

*We'll help you put the perfect
finishing touches on that sunroom!*

FINANCING AVAILABLE!

310 S. 16th St. Ames
515.232.2200

3102 S. 6th St. Marshalltown
641.753.3369

